
London Broil with Mushroom sauce

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

1 (1-1/2 pound) flank steak
2 tablespoons olive oil
1 large clove garlic, crushed
2 teaspoons chopped parsley
1 teaspoon salt
1/4 teaspoon black pepper
2 teaspoons paprika
1 teaspoon lemon juice

Trim all excess fat from the flank steak. The steak may be scored with criss-cross cuts.

In a bowl, mix the olive oil, garlic, parsley, salt, pepper, paprika and lime juice. Mix well into a paste. Rub the paste well into both sides of the steak.

Let stand for two to three hours.

Place the steak onto a lightly greased rack of the broiler pan.

Broil four inches from the heat for about 15 minutes. Turn and broil for 3 to 5 minutes longer.

To serve: Slice very thinly across the grain on the diagonal. Serve with a mushroom sauce.

Yield: 3 to 4 servings

Beef

Per Serving (excluding unknown items): 1223 Calories; 71g Fat (54.0% calories from fat); 132g Protein; 4g Carbohydrate; 1g Dietary Fiber; 347mg Cholesterol; 2609mg Sodium. Exchanges: 0 Grain(Starch); 19 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.